



Content - Big ideas

Autumn Term 1: Health and Wellbeing

Healthy lifestyles, drugs and their effects, drugs and the law, managing influence

Autumn Term 2: Relationships and Sex Education (RSE)

Healthy relationships, qualities of a partner, relationship expectations v reality, ending relationships

Spring Term 1: Living in the Wider World

Career options, identifying skills and strengths, goal setting, skills for decision making

Spring Term 2: Relationships and Sex Education (RSE)

Sexual harassment, social media and fake news,

Summer Term 1: Relationships and Sex Education (RSE)

Would a baby change my life, being a parent/carer, abortion, STIs and BBVs

Summer Term 2: Health and Wellbeing

Positive and negative role models, assessing risk, managing influences, physical and mental health

Prior learning

The PSHE curriculum is spiralled, with key topics revisited and deepened each year. This allows students to build on previous learning, reinforcing skills and understanding while introducing more complex concepts as they progress.

Global/IOM/Subject Links

PSHE links with other subjects:

- **Science** (health, puberty)
- **PE** (healthy lifestyles)
- **Citizenship** (rights, democracy)
- **ICT** (online safety)
- **English** (communication)
- **Religious Studies** (diversity, ethics)
- **Maths** (financial education)

Subject specific skills development

PSHE equips students with essential life skills, including emotional intelligence, effective communication and critical decision making. It fosters resilience, empathy, and problem solving, helping students manage their wellbeing, both physically and mentally. These skills empower students to lead confident, responsible and independent lives, preparing them for future challenges both in and outside of school.